



The Director's Cut

June 4, 2023

Issue 001

*"You cannot afford to confine your studies to the classroom.
The universe and all of history is your classroom."* - Stella Adler



Anyone Can Act class engaged in breathing exercises - June 3, 2023

EXERCISES & COMMUNION

Our June 3rd Anyone Can Act class started off with an important warm-up by way of relaxation exercises including deep breathing and low-impact stretching.

It is extremely important that an actor's instruments, their voice and body, are primed and ready before any performance.

We discussed the merits of the Meisner Repetition Exercises, as well as our frustration with the exercise. Remember the exercises are meant to get actors out of their own head and to instead focus their energies on the other actors sharing the stage with them. It is through observation and listening that allows for what Stanislavski called "communion" with your co-stars.

Never attempt to try to make the exercises into a scene by adding dialogue that is neither an



Anyone Can Act - June 3, 2023 - Aline Jackson and Iris Alabau

observation about your partner, nor yourself. Repetition should be as close to the original dialogue as possible. We advanced our Meisner studies by adding an activity, either making a house of cards or by stacking Jenga bricks.

We discovered that the actor engaged in the activity frequently missed opportunities to observe behavior in their partner, much like an actor preoccupied with "acting" neglects communion with their partner.

ACTIONING & PHYSICAL GESTURES: TECHNIQUE OR HACK?



Anyone Can Act - June 3, 2023 - Chris Blanco on stage.

One of the first things you can do as an actor upon receiving a script is to “score” it, that is to look for clear sections of dialogue that share an objective, Stanislavski called these “units”. You can also begin to find “beats” or changes in actions in specific lines, and specific words.

Actioning was devised and developed by the Joint Stock Theatre Company in the late 1970s under the

direction of Bill Gaskill and Max Stafford-Clark, to allow for a shared language between director and actor and to enable the actor to make clear and simple choices on each line of the text, and to ensure pieces of dialogue are emphasized and not dropped.

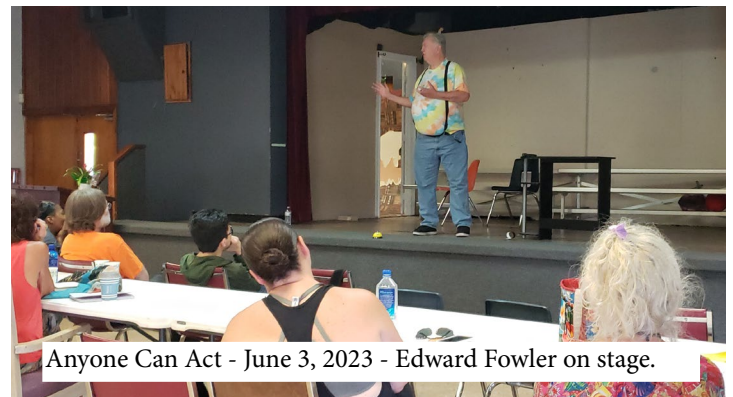
The technique of using Michael Chekhov’s Physical Gestures allows for the performer to connect an archetypal physical movement to a unit or beat of dialogue.

The actor can then ask themselves “Am I pushing my scene partner from me or am I pulling them towards me? Am I lifting them or smashing them?”

Many new actors are looking for a hack or a cheat into the art of acting, but the truth is it may take an actor thousands of hours and many years before they have their own “aha moment”. Through the use of actioning and physical gestures an actor can, readily and quickly, make a choice, internalize this choice, and hope that it comes across in their performance.

LOOKING FORWARD

- Monday **June 5** - 7pm-9pm Anyone Can Act, Extra Credit Class
- Monday **June 12** - 7:30-9:30pm Sara Rogers Improvables FREE Performance, ArtServe Fort Lauderdale - AdultActingCoach.com
- Tuesday **June 13** - 7pm Arts Accelerator Live Script Read, Savor Cinema - ArtsAccelerator.org
- Saturday **June 17** 11am-1:30pm Quiz & About the Business



Anyone Can Act - June 3, 2023 - Edward Fowler on stage.

ROLE CALL!

***June 17** - 2:30pm-5pm Multi-Production Cattle Call with several local directors. Our collaborating film directors ensure that your performance will be seen in film festivals throughout the world.

***June 24** - In-Class Auditions for Let Your Monologue Be Your Resistance & Americana: Scenes from the American Stage. Selected students will perform on our July 8th showcase, and be compensated for their performance.



SPOTLIGHT

Adam Steinfeld is a professional magician and filmmaker. Mr. Steinfeld has collaborated with ActBroward on several projects, all of which can best be described as original and creative storytelling.

One of Mr. Steinfeld’s productions required strict production elements, such as use of a single-take. Mr. Steinfeld is supportive of ActBroward and has submitted his final products with ActBroward actors into several film festivals. Thanks Adam.